



# January 2019

## Interlink Self-Help Center

### Group Schedule

1033 Fourth St., Santa Rosa, CA 95404 **Telephone:** 707-546-4481 **FAX:** 707-546-4515  
**Member Phone:** 707-546-1085 **Open:** M-T-W-F-S 10:00-3:00 and Thursday 10:00 -2:00

#### Monday

10:00-2:00 \_\_\_\_\_ Open Art Studio  
 10:15-11:00 \_\_\_\_\_ Community Meeting  
 11:00-11:30 \_\_\_\_\_ In-Depth Support  
 11:00-12:00 \_\_\_\_\_ Music Group  
 12:00-12:30 \_\_\_\_\_ Resource Group  
 12:30- 1:00 \_\_\_\_\_ Patients' Rights Clinic  
 12:00-1:00 \_\_\_\_\_ Art Journaling  
 1:00-2:00 \_\_\_\_\_ Managing Depression/Mania  
 2:00-2:30 \_\_\_\_\_ Afternoon Check-In

#### Tuesday

10:00-2:00 \_\_\_\_\_ Open Art Studio  
 10:15-10:30 \_\_\_\_\_ Community Meeting  
 10:30-11:30 \_\_\_\_\_ Intro to Peer Support\*  
 11:30-12:00 \_\_\_\_\_ In-Depth Support  
 11:30-12:00 \_\_\_\_\_ Walk  
 12:00-1:00 \_\_\_\_\_ SMART Recovery  
 1:00-2:00 \_\_\_\_\_ Membership Council  
 1:15-2:00 \_\_\_\_\_ Be Well and Enjoy Life  
 2:00-2:45 \_\_\_\_\_ Coping with Anxiety

#### Wednesday

10:00-2:00 \_\_\_\_\_ Open Art Studio  
 10:15-11:00 \_\_\_\_\_ Community Meeting  
 11:00-11:30 \_\_\_\_\_ In-Depth Support  
 11:30-12:00 \_\_\_\_\_ Mid-Week Festivity\*\*  
 12:00-1:00 \_\_\_\_\_ Seeking Safety  
 12:00-12:30 \_\_\_\_\_ Aprendiendo Juntos  
 12:30- 1:00 \_\_\_\_\_ Productive Inspiration\*\*\*  
 1:00-1:30 \_\_\_\_\_ Afternoon Check-In  
 1:30-2:00 \_\_\_\_\_ Dealing w/PTS  
 3:45-4:45 \_\_\_\_\_ SMART Family and Friends

#### Thursday

10:00-1:00 \_\_\_\_\_ Open Art Studio  
 10:15-10:30 \_\_\_\_\_ Community Meeting  
 10:30-11:30 \_\_\_\_\_ Intro to Peer Support  
 11:30-12:00 \_\_\_\_\_ In-Depth Support  
 12:00-1:00 \_\_\_\_\_ Expressing Creativity  
 1:00-1:30 \_\_\_\_\_ Afternoon Check-In

#### Friday

10:00-2:00 \_\_\_\_\_ Open Art Studio  
 10:15-10:55 \_\_\_\_\_ Community Meeting  
 11:00-11:30 \_\_\_\_\_ In-Depth Support  
 12:00-1:00 \_\_\_\_\_ Let's Talk About MH  
 1:00-1:30 \_\_\_\_\_ Afternoon Check-In  
 1:00-2:00 \_\_\_\_\_ LifeRing  
 1:00-2:30 \_\_\_\_\_ Client Forum\*\*\*\*

#### Saturday

10:00-2:00 \_\_\_\_\_ Open Art Studio  
 10:15-10:30 \_\_\_\_\_ Community Meeting  
 10:45-12:45 \_\_\_\_\_ Movie  
 12:00-1:00 \_\_\_\_\_ SMART Recovery  
 1:00-2:00 \_\_\_\_\_ Taking a Closer Look at MH  
 2:00-2:30 \_\_\_\_\_ Afternoon Check-In

#### Tuesday and Thursday

\*Intro to Peer Support  
 -January Topic: **“What is Peer Support”**

#### Wednesday

\*\*Mid-Week Festivity

-Game Day	1/2
-Comedy Improv	1/9
-Birthday Celebration	1/16
-Comedy Improv	1/23
-General Membership Mtg & Raffle	1/30

\*\*\* Productive Inspiration  
 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

#### Friday

\*\*\*\*Client Forum - 1/25

**The Corrinne Camp Action Network (CCAN)**

## **Groups at Interlink Self-Help Center**

**Afternoon Check-In:** This gives us an opportunity to check-in about how their day has gone, what we may be planning, etc.

**Aprendiendo Juntos /Learning Together:** Aprender y practicar Español y Inglés juntos. / Learn and practice Spanish and English together.

**Art Journaling:** Create your own journal about your past, present and future, goals, things you enjoy. Write, draw, collage, etc.

**Be Well and Enjoy Life:** We talk about different dimensions of living well and finding joy. Topics include emotional and mental well-being, exercise, nutrition, sleep, communication, etc.

**Client Forum:** Open to the general public, often with guest speakers, focused on different topics each month.

**Community Meeting:** Our daily morning meeting that includes announcements and personal check-ins.

**Coping With Anxiety:** We talk about different types of anxiety and different ways of coping with it.

**Dealing with Post Traumatic Stress:** We share, explore, and help each other to find safety in present time in support of recovering from the trauma we have experienced in our lives.

**Expressing Creativity:** We explore and utilize the creativity that comes from within us by using themed art projects.

**General Membership Meeting:** Members and staff discuss a wide range of topics, including upcoming activities, concerns, and suggestions for improving the center.

**In-Depth Support:** On-going support groups designed for check-ins, discussion of problems, issues, and share successes.

**Intro to Peer Support :** Peer Support classes with a different focus each month. No need to sign up, no homework, please join us.

**Let's Talk About MH:** A video then open discussion on various topics relating to mental health, well-being and recovery

**LifeRing:** A secular, abstinence-based group for individuals seeking to live in recovery from addiction to alcohol and/or other non-medically indicated drugs.

**Managing Depression/Mania "Big Feelings":** A process group with a focus on Bipolar and Depression that seeks to be a non-judgmental, safe space where we can confidentially discuss what is happening in our lives

**Membership Council:** The Membership Council functions as a liaisons between the members and staff, provides program leadership, helps with event planning, conveys concerns, requests, and observations from members, and process suggestions from our suggestion box. They deal with disciplinary issues and recommend follow-up actions to staff.

**Mid-Week festivity:** Join us every week for a different festivity, providing opportunities for us to interact with others and have fun.

**Music Group:** We play music, watch music videos, sometimes sing. We have some instruments and you can also bring your own.

**Open Art Studio:** We have art and craft supplies for drawing, painting, coloring, beading, learning, teaching, etc.

**Patients' Rights Clinic:** The Sonoma County Patients' Rights team comes for one to one support and educational presentations.

**Productive Inspiration:** Laura Hodge, from the Behavioral Health Coop, brings inspirational presentations and ideas to support us in our next steps towards our goals.

**Resource Group:** We share and research community resources occasionally with speakers from outside organizations.

**Seeking Safety:** An evidence based, present-focused counseling model to help people attain safety from trauma and/or substance use. It directly addresses both trauma and addiction, without requiring clients to delve into the trauma narrative, thus making it relevant to a very broad range of individuals and is easy to implement.

**SMART Family and Friends:** Provides resources, support and tools for people who are affected by the addictive behavior of someone close to them. It aims to help participants develop more effective coping strategies, increase self-esteem, develop a greater sense of fulfillment. The communication methods help with emotional upsets and to establish healthier relationships with loved ones.

**SMART Recovery:** Uses tools based on methods for a variety of addictions. CBT, Motivational Interviewing and REBT are used. SMART Recovery helps those of us seeking recovery to choose what works best..

**Taking a Closer Look at Mental Health:** We discuss a variety of mental health aspects, such as depression, emotional intelligence, stress reduction, and more.